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NINTENDO DS™

G
TOUCH
GENERATIONS

FLASH FOCUS™
Vision training in minutes a day



INSTRUCTION BOOKLET / MODE D'EMPLOI

Nintendo of America Inc.
P.O. Box 957
Redmond, WA
98073-0957 U.S.A.
www.nintendo.com

PLEASE CAREFULLY READ THE SEPARATE HEALTH AND SAFETY PRECAUTIONS BOOKLET INCLUDED WITH THIS PRODUCT BEFORE USING YOUR NINTENDO® HARDWARE SYSTEM, GAME CARD OR ACCESSORY. THIS BOOKLET CONTAINS IMPORTANT HEALTH AND SAFETY INFORMATION.

IMPORTANT SAFETY INFORMATION: READ THE FOLLOWING WARNINGS BEFORE YOU OR YOUR CHILD PLAY VIDEO GAMES.

WARNING - Seizures

- Some people (about 1 in 4000) may have seizures or blackouts triggered by light flashes or patterns, such as while watching TV or playing video games, even if they have never had a seizure before.
- Anyone who has had a seizure, loss of awareness, or other symptom linked to an epileptic condition should consult a doctor before playing a video game.
- Parents should watch when their children play video games. Stop playing and consult a doctor if you or your child have any of the following symptoms:

Convulsions	Eye or muscle twitching	Loss of awareness
Altered vision	Involuntary movements	Disorientation
- To reduce the likelihood of a seizure when playing video games:
 1. Sit or stand as far from the screen as possible.
 2. Play video games on the smallest available television screen.
 3. Do not play if you are tired or need sleep.
 4. Play in a well-lit room.
 5. Take a 10 to 15 minute break every hour.

WARNING - Radio Frequency Interference

The Nintendo DS can emit radio waves that can affect the operation of nearby electronics, including cardiac pacemakers.

- Do not operate the Nintendo DS within 9 inches of a pacemaker while using the wireless feature.
- If you have a pacemaker or other implanted medical device, do not use the wireless feature of the Nintendo DS without first consulting your doctor or the manufacturer of your medical device.
- Observe and follow all regulations and rules regarding use of wireless devices in locations such as hospitals, airports, and on board aircraft. Operation in those locations may interfere with or cause malfunctions of equipment, with resulting injuries to persons or damage to property.

WARNING - Repetitive Motion Injuries and Eyestrain

Playing video games can make your muscles, joints, skin or eyes hurt after a few hours. Follow these instructions to avoid problems such as tendinitis, carpal tunnel syndrome, skin irritation or eyestrain:

- Avoid excessive play. It is recommended that parents monitor their children for appropriate play.
- Take a 10 to 15 minute break every hour, even if you don't think you need it.
- When using the stylus, you do not need to grip it tightly or press it hard against the screen. Doing so may cause fatigue or discomfort.
- If your hands, wrists, arms or eyes become tired or sore while playing, stop and rest them for several hours before playing again.
- If you continue to have sore hands, wrists, arms or eyes during or after play, stop playing and see a doctor.

WARNING - Battery Leakage

The Nintendo DS contains a rechargeable lithium ion battery pack. Leakage of ingredients contained within the battery pack, or the combustion products of the ingredients, can cause personal injury as well as damage to your Nintendo DS.

If battery leakage occurs, avoid contact with skin. If contact occurs, immediately wash thoroughly with soap and water. If liquid leaking from a battery pack comes into contact with your eyes, immediately flush thoroughly with water and see a doctor.

To avoid battery leakage:

- Do not expose battery to excessive physical shock, vibration, or liquids.
- Do not disassemble, attempt to repair or deform the battery.
- Do not dispose of battery pack in a fire.
- Do not touch the terminals of the battery, or cause a short between the terminals with a metal object.
- Do not peel or damage the battery label.

Important Legal Information

REV-E

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THIS GAME CARD WILL WORK ONLY WITH THE NINTENDO DS™ VIDEO GAME SYSTEM.



Wireless DS
Single-Card
Download Play

THIS GAME ALLOWS WIRELESS MULTIPLAYER GAMES DOWNLOADED FROM ONE GAME CARD.

NEED HELP PLAYING A GAME?

Nintendo's game pages, at www.nintendo.com/games, feature walkthroughs, frequently-asked questions, and codes for many of our games. If your answer isn't there, check out our forums where you can exchange tips with other gamers online.

For more information about our forums, visit www.nintendo.com/community.

If you don't have access to the web-site, recorded tips for many titles are available on Nintendo's Power Line at (425) 885-7529.

This may be a long-distance call, so please ask permission from whoever pays the phone bill.



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CHALLENGE YOUR FOCUS ABILITY

FOCUS ABILITY TRAINING

Your eyes have many abilities other than their capacity to clearly see distant objects. In this software, you can challenge and train these "Focus Abilities."

Good Focus Ability may help you see moving objects and become less easily fatigued at work. It may even improve your daily life.

It's best to train your Focus Ability for a few minutes every day instead of for long periods of time.

Hisao Ishigaki 石垣 久男

TYPES OF VISION TRAINING

"Focus Ability" is comprised of the following five areas:

Dynamic Visual Acuity (DVA)	The power to clearly see moving objects.
Momentary Vision	The ability to gather several bits of information at once.
Eye Movement	The ability to move your eyes quickly and accurately.
Peripheral Vision	The ability to see over a wide area.
Hand-Eye Coordination (HEC)	The ability to recognize and respond quickly and accurately.

- Individual results may vary. Please be aware that Focus Ability may not improve as a result of training.
- This software is not intended to improve your Focus Ability.

TRAIN A LITTLE EVERY DAY

Train a little every day with simple and easy activities.

EYE AGE CHECK

First, begin by checking your Eye Age. The best score you can achieve is 20 years old.

**In this manual, screens with the arrow pointing up represent the top screen, and screens with the arrow pointing down represent the Touch Screen.*



HOW THE EYE AGE CHECK WORKS

One hundred and eighteen subjects, ranging in age from 20s to 70s, were given Eye Age Checks, and their age and results were compiled. This data was used to generate the scale on which the results for the Eye Age Check in Flash Focus are based.

TRAINING

Train consistently to challenge your Focus Ability. There are two categories of training. Recommended Training will provide you with a training program that suits your current level of Focus Ability. Custom Training allows you to pick the activity of your choice.



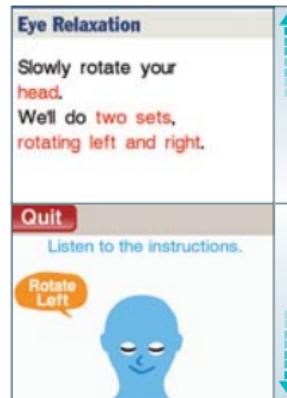
EYE RELAXATION EXERCISES

Once you have trained for a certain amount of time, a series of eye relaxation exercises will begin automatically. These exercises are intended to relax your eyes after a hard Focus Ability workout.



AT THE END OF A DAY'S TRAINING

Training for an extended period of time is not beneficial to your eyes. Remember to thoroughly relax and rest your eyes after training.



PROFILE OF PROFESSOR ISHIGAKI, ADVISOR FOR FLASH FOCUS™:VISION TRAINING IN MINUTES A DAY

Hisao Ishigaki

Professor of Management and Information Science,
Aichi Institute of Technology

Born in Shizuoka prefecture, Japan

Graduate of Tokyo University of Education

1986-1994
Nagoya University School of Medicine Research Student

1994
Received his PhD in Medicine from Nagoya University

Professor Ishigaki is considered a leader in the field of "Visual Training" practiced by professional athletes.

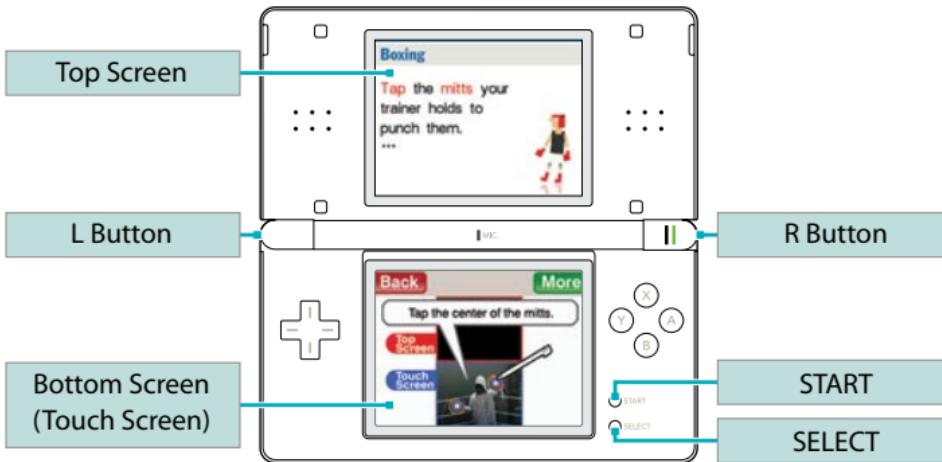


WHEN PLAYING

To play this software correctly, please hold the Nintendo DS screen one foot away from your eyes.

USING THE NINTENDO DS

You will control this software using the stylus. Tap and slide the stylus on the Touch Screen while training.



*Press **START + SELECT + L Button + R Button** at the same time to return to the title screen (see page 13).

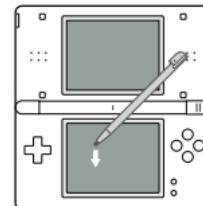
*Close your Nintendo DS to put the game into Sleep Mode and minimize battery usage. Open your Nintendo DS to take the game out of Sleep Mode.

BASIC TOUCH SCREEN CONTROLS

There are two types of basic controls using the Touch Screen.

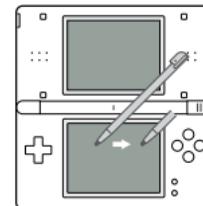
TAP

Press down lightly on the Touch Screen with the stylus.



SLIDE

Lightly draw a line by sliding the stylus across the Touch Screen.



CAUTIONS ABOUT THE TOUCH SCREEN

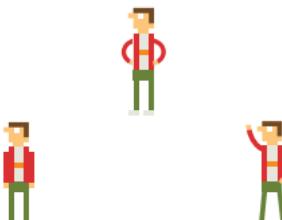
- Please use the stylus that came with the Nintendo DS system or follow what is instructed in the software when controlling the game on the Touch Screen.
- Do not use a stylus that is scratched or bent.
- Do not slide or press hard on the Touch Screen.
- Do not use your nails on the Touch Screen.
- Do not use the stylus on the top screen.
- Do not drop sand, dirt, or food crumbs on the Touch Screen.
- When applying a manufactured protective sheet to the Touch Screen, read the instructions carefully and make sure that no dirt or air pockets become trapped.

GETTING STARTED

Check that the power on the Nintendo DS system is turned off and insert the Flash Focus: Vision Training in Minutes a Day Game Card into the DS Game Card slot until you hear it click.

- 1 After you turn the power on, the screen pictured on the right will appear. Read the contents and tap the Touch Screen.
- 2 Tap Flash Focus on the DS Menu Screen and the title screen will appear.

**When the settings on the DS system are set to Auto Mode, this step will be skipped. Please check your Nintendo DS Instruction Booklet for more information.*



TITLE SCREEN

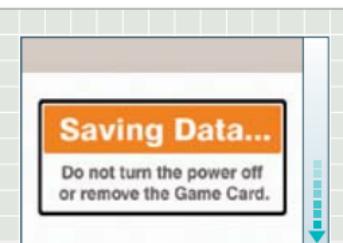
Tap the entry that you want to choose on the Touch Screen.



Daily Training (page 14)	Perform exercises that will train your Focus Abilities.
Quick Play (page 23)	You can choose one type of training.
Download (page 24)	You can send Quick Play to another Nintendo DS system.

SAVING AND ERASING DATA

This software will automatically save training results and other information to Personal Data save files. When you want to erase a Personal Data save file, after choosing that file, choose Others, then Erase Personal Data, from the Main Menu (see page 15). Remember, data that has been erased cannot be restored!



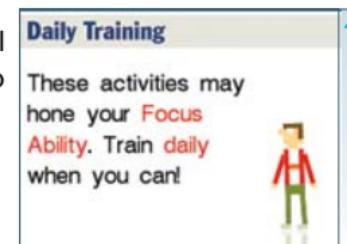
**Only the results of the first Eye Age Check of the day will be recorded.*

DAILY TRAINING

Start by creating your Personal Data. Once you have created Personal Data, select Daily Training from the Title Screen Menu.

CREATE PERSONAL DATA

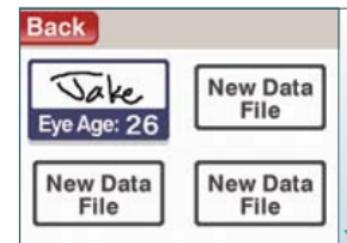
When playing for the first time, follow the instructions on the screen to create your Personal Data. Once you have done this, you will be able to select your Personal Data from the Personal Data selection screen.



PERSONAL DATA SELECTION SCREEN

Tap your signature (the handwritten name) to reach the Title Screen Menu. Or you can create another Personal Data file by choosing New Data File.

*You can create up to four Personal Data files.



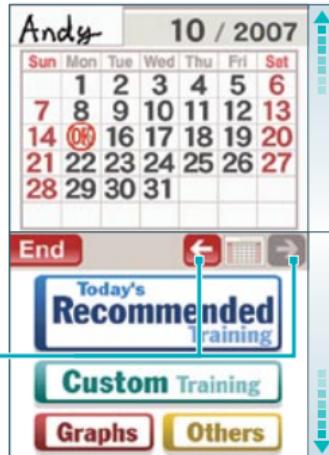
MAIN MENU SCREEN

Choose from the options on the Touch Screen. Tap End to return to the Personal Data selection screen. Also, the calendar will appear on the top screen—you can flip between the months by tapping the arrows.

*Days that you have trained will have a stamp.

*You can choose either Custom Training or Graphs by doing Today's Recommended Training.

Back/Next



Today's Recommended Training
(see page 16)

Your Eye Age and past training results will be evaluated and a training workout will be selected for you.

Custom Training (see page 17)

Do any activity of your choice.

Graphs (see page 22)

View your past results on a graph.

Others (see page 22)

Change settings like your signature. You can also delete Personal Data files.



TODAY'S RECOMMENDED TRAINING

If you select this option, the software will suggest training designed for your Focus Ability. Train daily and challenge your Focus Ability.

BEFORE BEGINNING YOUR TRAINING

On days that you have not yet checked your Eye Age, you can check your Eye Age first. To do this, tap Eye Age Check and do the activities that appear. Tap Skip if you want to go straight to the Training Selection screen.



TRAINING SELECTION SCREEN

Your recommended training activities will appear here. Tap the activity you want to do.



CUSTOM TRAINING

Choose the training activity you want to do. You can also check your Eye Age here.

GENRE SELECTION SCREEN

Please choose either Eye Age Check, Core Training (see page 18), or Sports Training (see page 20).

**Days on which you've checked your Eye Age will already be stamped.*



TRAINING SELECTION SCREEN

When you have chosen either Core Training or Sports Training, tap the training that you want to perform. The activity will begin once you have chosen the difficulty and selected Begin Training.

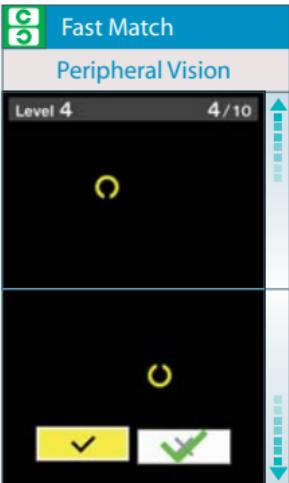
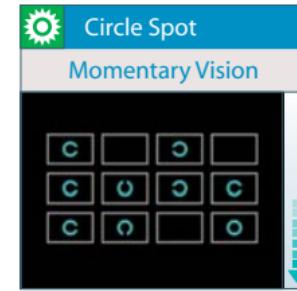
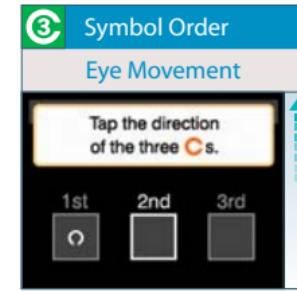
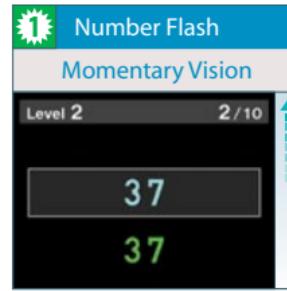
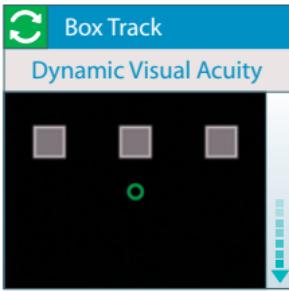
**The more stamps you have on the calendar, the more training exercises you can choose from.*



INTRODUCTION TO CORE TRAINING

The goal of Core Training is to challenge certain Focus Abilities. You can check the controls before each activity begins by tapping Rules.

The Focus Ability under the activity name, such as Dynamic Visual Acuity, tells you which Focus Ability the activity is using.



INTRODUCTION TO SPORTS TRAINING

These activities are all based on real-world sports. Tap Rules to view an explanation of the activity and its controls.

The Focus Ability under the activity name, such as Dynamic Visual Acuity, tells you which Focus Ability the activity is using.

FOCUS ABILITY AND SPORTS TRAINING

Sports can require more Focus Ability than regular daily activities. For example, in a soccer game, the ball and players are always moving. For this reason, you can't constantly be looking in one place—you have to be able to make instant decisions based on what you see. You must always keep your eyes and head moving and watch a wide area. You may have a hard time playing without these skills.



Soccer
Eye Movement
Peripheral Vision

Level 1 1/

Baseball
Dynamic Visual Acuity
Hand-Eye Coordination

Boxing
Eye Movement
Peripheral Vision
Hand-Eye Coordination

Table Tennis
Dynamic Visual Acuity
Eye Movement
Hand-Eye Coordination

Basketball
Momentary Vision
Eye Movement
Peripheral Vision

Volleyball
Eye Movement
Peripheral Vision

Football
Momentary Vision
Peripheral Vision

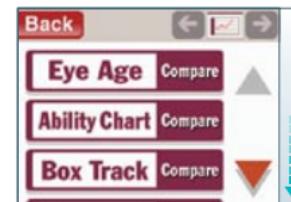
GRAPHS AND OTHERS

In Graphs, you can check your training-result graphs and compare your results with others. In Others, you can change various settings and delete Personal Data.

GRAPHS

Tap the training results or information you want to view. The graph will appear on the top screen.

Tap Compare to compare your results with another person's Personal Data.



OTHERS

Choose from one of the following seven selections.

Change Signature	Change your signature.
Change Stamp	Change the stamp that appears on the calendar (see page 15).
Eye Relaxation	Perform some Eye Relaxation exercises.
Record Challenge	Try to set new performance records.

Eye Knowledge	View any of the Eye Knowledge segments you've already seen.
Credits	View the staff credits.
Erase Personal Data	Erase a Personal Data file.

**You will be able to choose Record Challenge and Eye Knowledge after you have trained for a while.*

QUICK PLAY

Here you can quickly do some limited training without creating a Personal Data file. This is handy when you want to let a friend or family member try some vision training.

TRAINING SELECTION SCREEN

Choose either Quick Eye Age Check or Quick Training. You can train with Symbol Order (see page 18) in Quick Eye Age Check and Baseball (see page 21) in Quick Training.



RESULTS ANNOUNCEMENT SCREEN

Once training is complete, your score and Eye Age will appear as they do in Daily Training.

**The Eye Age in Quick Play will be an estimate, such as in the "20s."*



DOWNLOAD

You can send Quick Play (see page 23) to another Nintendo DS system. Please prepare by reading the DS Wireless Communications information on page 25.

HOW TO DOWNLOAD

1 The player holding the DS system with the Game Card (parent) will tap Download on the title screen. The Communication Menu screen will appear, and then parent taps Send Demo. The player with the DS system without the Game Card (child) will download by following the steps on page 25.

2 Once the child system is ready, the screen on the right will appear on the parent screen and the data will automatically start being transmitted. Data can only be sent to one DS system at a time.

3 Once the download is complete, the title screen will appear on the child system. Tap Quick Play, then tap either Eye Age Check or Training to begin. The parent system will return to the Communication Menu screen.



**The Quick Play data will be erased when the power on the child system is turned off.*

DS WIRELESS COMMUNICATIONS (DS DOWNLOAD PLAY)

Here is an explanation of how to play using DS Wireless Communications.

What you need:

- Nintendo DS/Nintendo DS Lite..... 2
- Flash Focus:Vision Training in Minutes a Day Game Card 1

Steps (Player 1 System (Parent))

1. Confirm that the power on the DS system is off and insert the DS Game Card.
2. Turn the power on the DS system on. The DS Menu Screen will appear.
3. Tap Flash Focus.
4. Follow the steps on page 24.



Game List Screen

Download Confirmation Screen

Steps (Player 2 System (Child))

1. Turn the power on the DS system on. The DS Menu Screen will appear.
2. Tap DS Download Play. The Game List Screen will appear.
3. Tap Flash Focus. The Download Confirmation Screen will appear.
4. If this is correct, tap Yes. Downloading will begin.
5. Follow the steps on page 24.

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Please try our website at www.nintendo.com or call the Consumer Assistance Hotline at 1-800-255-3700 for troubleshooting information and repair or replacement options and pricing. In some instances, it may be necessary for you to ship the complete product, FREIGHT PREPAID AND INSURED FOR LOSS OR DAMAGE, to Nintendo. Please do not send any products to Nintendo without contacting us first.

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This warranty gives you specific legal rights. You may also have other rights which vary from state to state or province to province.

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